Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

If you have concerns about your child's development and live in Alameda or Contra Costa County, here is who you can call for further support:

— Contra Costa County —

Regional Center of the East Bay

Serving Alameda and Contra Costa Counties (510) 618-6100 • rceb.org

Care Parent Network

Serving Contra Costa County (925) 313-0999 • (800) 281-3023 careparentnetwork.org

First 5-Contra Costa County

CALL 2-1-1 • www.first5coco.org

Special Education Local Plan Areas (SELPA)

West Contra Costa Unified School District/SELPA

(510) 231-1445 • www.wccusd.net/cameron

Contra Costa SELPA

(925) 827-0949 x 10 • ccselpa.org

San Ramon Valley Unified School District/SELPA

(925) 552-5004 • www.srvusd.k12.ca.us

Mt. Diablo Unified School District /SELPA

(925) 825-0144 • mdusd.org/departments/special_ed





— Alameda County —

Regional Center of the East Bay

Serving Alameda and Contra Costa Counties (510) 618-6100 • rceb.org

Family Resource Navigators

Serving Alameda County

(510) 547-7322 • familyresourcenavigators.org

Help Me Grow-First 5 Alameda County

(888) 510-1211 • first5alameda.org/help-me-grow

Special Education Local Plan Areas (SELPA)

Oakland Unified School District/SELPA

(510) 879-8154 • ousd.org/Domain/130

Mid-Alameda County SELPA

Serving Castro Valley, Hayward, San Leandro, and San Lorenzo (510) 537-3000 X 1200 cv.k12.ca.us/district/educational-services/special-education

Mission Valley SELPA

- Fremont Unified School District: (510) 651-1190
- New Haven Unified School District: (510) 471-1100 x 60425
- Newark Unified School District: (510) 818-4209

fremont.k12.ca.us/mvselpa

North Region SELPA

(510) 525-9806 • www.northregionselpa.org

Tri-Valley SELPA

(925) 426-9144 • tri-valleyselpa.org



Centers for Disease
Control and Prevention

www.cdc.gov/ActEarly
1-800-CDC-INF0





Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



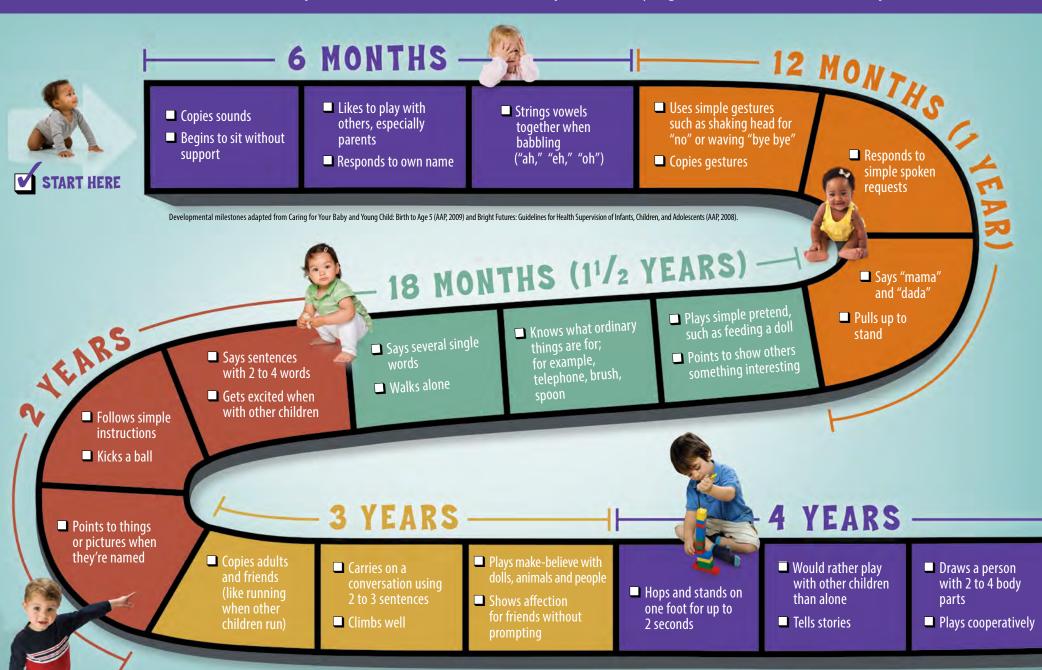
Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

This brochure developed and provided by



Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.